Calorie Tracker

Proposal

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For this project I had gone with a calorie tracker, calling it Faster Way. With the goals of having per installed foods that are in the project in itself unlike most apps having to input the calories itself hopefully expanding it to more and more foods on the market. How it works is being able to either pick between foods or input your own amount of calories you have eaten or going to eat adding them up telling you how much room you have left with the calorie limit you initially had put in. If you have passed the limit or have eaten too little it will encourage you to either eat more or less depending on your goals.

The Intended users for this app would be people who are looking to lose or gain weight or even help maintain their weight. This app can help all people good for looking out for their health, gaining weight or losing too much weight unintentionally is what happens to most people, what people would call letting themselves go.

As stated before the problem this app will solve is giving another option to help be in shape with an app that can help stay the same weight or people who without knowing gaining and losing weight but now being able to see your progression nothing can become a surprise with your diet.

A txt file type storage is needed to store the data that is being inputted for short or longer forms of storage. And array list is also needed for maintaining the list, meals and, logs

**MILESTONES FOR CALORIE TRACKER**

Week 1: Core Setup & Basic Classes

Week 2: Implement Meal Logging & Daily Summary

Week 3: User Interaction & File Storage

Week 4: Final Testing & Cleanup

**GUI**

Actor: Regular User

Goal: Add a meal to the daily log.

Steps:

User starts the program.

System asks for the meal name.

System asks for the quantity consumed.

System retrieves calories from the food database.

System adds the meal to the DailyLog.

System confirms that the meal was added.

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Welcome to the Calorie Tracker!

Enter your name: jeremy Kim

Enter your age: 18

Enter your weight (pounds): 160

Enter your height (cm): 160

Enter your gender (Male/Female): male

Enter your activity level (Sedentary, Light, Moderate, Active, Very Active): moderate

Main Menu:

1. Calculate BMR

2. Log a Meal

3. View Meal History

4. Exit

Choose an option: 1

Your estimated daily calorie needs: 2377.53 calories

Main Menu:

1. Calculate BMR

2. Log a Meal

3. View Meal History

4. Exit

Choose an option: 2

Enter meal name: dinner

Enter meal calories: 2000

Meal logged successfully!

Main Menu:

1. Calculate BMR

2. Log a Meal

3. View Meal History

4. Exit

Choose an option: 4

Goodbye!

**non-obvious methods**

* Calculates the Basal Metabolic Rate (BMR) using the Mifflin-St Jeor Equation
* Using also gender specific formula.
* For males:

BMR = 66 + (6.23 × weight in lbs) + (12.7 × height in inches) − (6.8 × age)

* For females:

BMR = 655 + (4.35 × weight in lbs) + (4.7 × height in inches) − (4.7 × age)